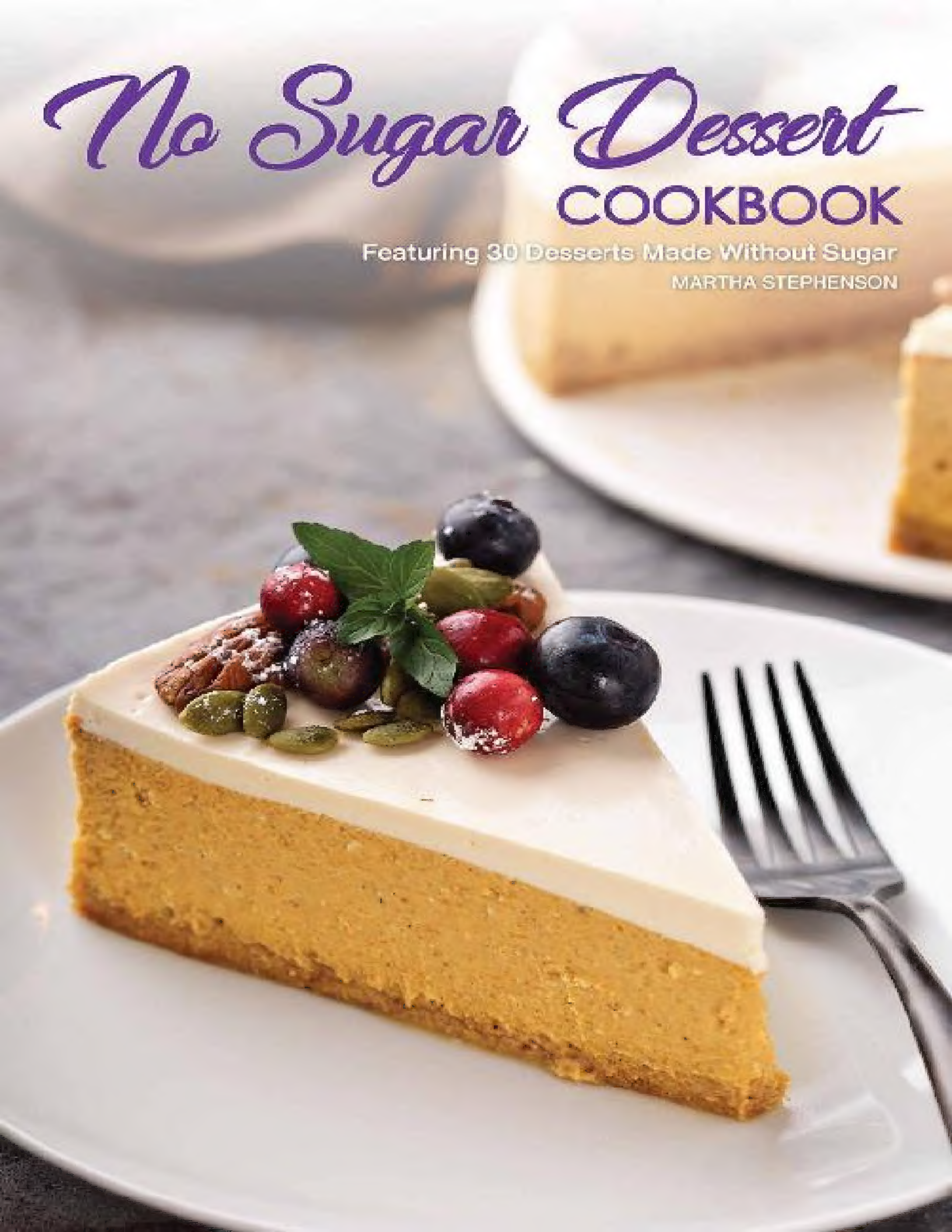
No Sugar Dessert COOKBOOK

Featuring 30 Desserts Made Without Sugar

MARTHA STEPHENSON



No Sugar Dessert Cookbook

Featuring 30 Desserts Made Without Sugar

By
Martha Stephenson

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Kindle Edition

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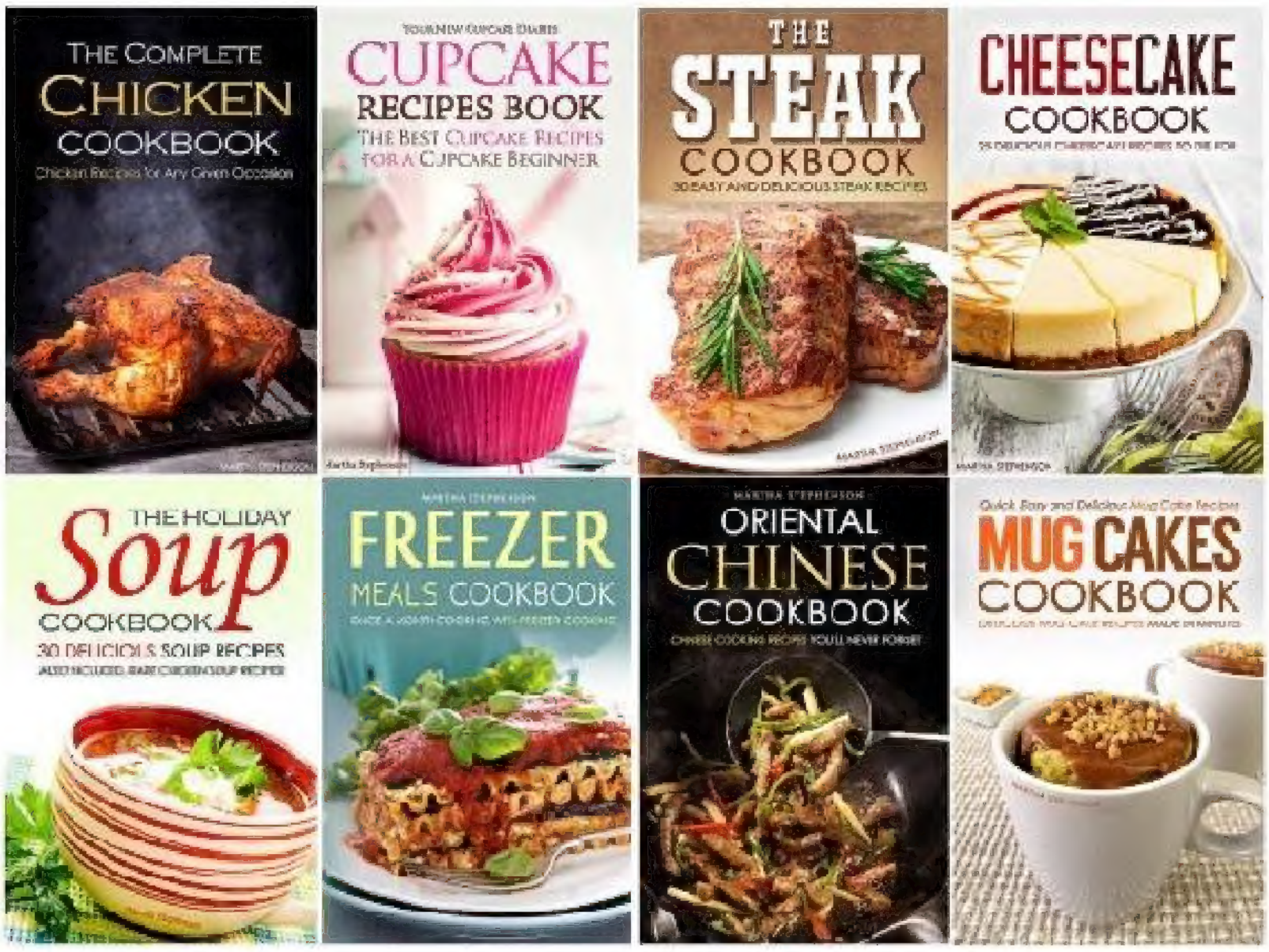

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Introduction

Congrats on taking the first step towards a healthier lifestyle? Consuming a lot of processed sugar can result in you pounding on a large amount of body mass so reducing your intake can allow you to rapidly lose inches and lead a healthier life. Many people live in fear of cutting out refined sugars from their diet as they are not ready to give up on desserts, but now, by utilizing the recipes in the No Sugar Dessert Cookbook, you won't have to. The best part about dessert is that it can be made with so many healthier options that are naturally sweet if utilized correctly, so we are about to show you how.

By limiting sugar in your diet, you will be able to:

- Limit the number of chronic headaches and migraines
- Allow you to benefit from rapid weight loss

- Lessens the amount of mood swings that you experience
- And assist you in leading a healthier life overall

On every page of this book, you will travel on a journey through to a brand-new way of satisfying your sweet tooth after a filling meal without any form of refined sugar. Are you ready to become the new healthier you? Let's jump right to it!

Orange Cream Float

Now you can enjoy the sweet citrusy flavors of oranges without the orange. This recipe utilizes the new stevia-based orange soda to create a delicious float.

Serves: 2

Time: 5 hrs.

Ingredients:

- 1 can Stevia orange soda
- 4 tablespoons heavy (whipping) cream
- 1 teaspoon vanilla extract
- 6 ice cubes

Directions:

1.Combine all your ingredients in your blender and process until combines and frothy.

2.Blend well, pour into two tall glasses, and serve.

Nutrition Per Serving:

Calories: 56

Carbs: 3g

Protein: 1g

Fat: 6g

Coconut Pumpkin Smoothie

This smoothie is perfect for a holiday dessert. It is creamy, sweet and smooth!

Serves: 1

Time: 20 minutes

Ingredients:

- 300 g chopped pumpkin, steamed
- 500 ml coconut milk
- 120 ml almond milk
- 1 avocado
- 1/2 teaspoon cinnamon powder
- 1/2 teaspoon all-spice powder
- 1/2 teaspoon nutmeg powder
- 2 teaspoons vanilla essence
- 2 tablespoons flax seeds
- A few drops of stevia
- Some ice cubes

Directions:

1.Blend until smooth.

2.Pour this pumpkin smoothie into a large glass.

3.Add some ice cubes and serve. Enjoy!

Nutrition per Serving:

Calories: 263.7

Fat: 5.5g

Carbs: 28.2g

Protein: 27.6g

Chocolate Fat Bombs

Chocolate fat bombs will boost your fat intake.

Serves: 15

Time: 15 mins

Ingredients:

- 1/2 cup (125 g/4.4 oz) coconut butter
- 1/4 cup (55 ml/1.9 fl oz) extra virgin coconut oil
- 1/2 cup (110 g/3.9 oz) butter or more coconut oil
- 3 tablespoons (25 g/0.9 oz) unsweetened cacao powder
- 15 to 20 drops liquid stevia

Optional: 2 tablespoons (20 g/0.7 oz) erythritol or Swerve, powdered

Optional: 1 teaspoon hazelnut, cherry, or almond extract, or pinch of cayenne

- pepper

Directions:

1.Let the coconut butter, coconut oil, and butter sit at room temperature to soften (but do not let melt). Make sure you use coconut butter for this recipe: that's creamed coconut meat, not creamed coconut milk.

2.Combine all the ingredients in a food processor but keep some cacao aside for coating. Process until smooth.

3.Line a baking sheet with parchment paper (or any nonstick mat) and use a spoon to form 15 small truffles. Place in the fridge for 30 to 60 minutes.

4.Remove from the fridge and sift the remaining cacao powder over the fat bombs.

5.Set your Air Fryer to preheat to 350 degrees F. Add to your Air Fryer basket with space in between each and set to air fry for 5 minutes.

6.Cool to room temperature then store in the fridge for up to a week or freeze for up to three months.

Nutrition Per Serving:

Calories: 134

Carbs: 2.7g

Protein: 0.9g

Fat: 14.4g

Banana Potato Muffins

These muffins are perfect for either a perfect dessert or a naturally sweet beginning to your day.

Serves: 12

Time: 1 hour

Ingredients:

- 340 g quinoa, cooked and dried
- 140 g whole-wheat flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 2 tablespoons toasted flax seeds
- 4 ripe bananas, mashed
- 4 teaspoons vanilla essence
- 2 sweet potatoes, boiled and mashed
- 240 g applesauce, unsweetened

- 1 teaspoon cinnamon
- 1 teaspoon salt

Directions:

1.Preheat the oven to 390°F/200°C.

2.In a bowl, combine the quinoa along with salt, flax seeds, baking powder, baking soda, and flour.

3.In another bowl, combine all the wet ingredients like applesauce, banana and mashed sweet potato.

4.Transfer the wet ingredients to the dry ones and mix well using a beater.

5.Pour this batter into each muffin tin one by one.

6.Bake them for about 50 minutes to get fluffy and moist muffins.

7.Cool down in a fridge and enjoy!

Nutrition per Serving:

Calories: 146.5

Fat: 6.1g

Carbs: 50.1g

Protein: 3.3g

Coffee Fat Bombs

This fat bombs will boost your fat intake or if you're on a fat fast.

Serves: 15

Time: 15 mins

Ingredients:

- 1/4 cup (55 ml/1.9 fl oz) extra virgin coconut oil
- 1/2 cup (110 g/3.9 oz) butter or more coconut oil
- 3 tablespoons (25 g/0.9 oz) unsweetened coffee powder
- 15 to 20 drops liquid stevia

Optional: 2 tablespoons (20 g/0.7 oz) erythritol or Swerve, powdered

Optional: 1 teaspoon hazelnut, cherry, or almond extract, or pinch of cayenne pepper

- 1/2 cup (125 g/4.4 oz) coconut butter

Directions:

1.Let the coconut oil, coconut butter, and butter sit at room temperature to soften (but do not let melt). Make sure you use coconut butter for this recipe: that's creamed coconut meat, not creamed coconut milk.

2.Combine all the ingredients in a food processor but keep some coffee aside for coating. Blend until smooth.

3.Line a baking sheet with a parchment paper (or any nonstick mat) and use a spoon to form 15 small truffles. Put in the fridge for 30 to 60 minutes.

4.Remove from the fridge and sift the remaining coffee powder over the fat bombs.

5.Set your Air Fryer to preheat to 350 degrees F. Add to your Air Fryer basket with space in between each and set to air fry for 5 minutes.

6.Cool to room temperature then store in the fridge for up to a week or freeze for up to three months.

Nutrition Per Serving:

Calories: 134

Carbs: 2.7g

Protein: 0.9g

Fat: 14.4g

Strawberry Shake

One of the best hassle free Keto friendly desserts you can come up with is a milkshake. Use the natural sweetness of strawberries in this recipe to whip up a satisfying dessert.

Serves: 2

Time: 10 mins

Ingredients:

- ¾ cup heavy (whipping) cream
- 2 ounces cream cheese, at room temperature
- 1 tablespoon Swerve natural sweetener
- 6 strawberries, sliced
- 6 ice cubes

Directions:

1.Combine all your ingredients in your blender and process until smooth.

2.Pour into two tall glasses and serve.

Nutrition Per Serving:

Calories: 407

Carbs: 13g

Protein: 4g

Fat: 42g

Pumpkin Cheesecake

This pumpkin recipe is delicious sugar free and can be whipped up easily in an electric cooker.

Serves: 4

Prep Time: 2 hours. 30 minutes.

Ingredients:

- ½ cup pumpkin puree
- 2 cups cream cheese, room temperature
- ½ cup stevia
- 1 Tbsp cinnamon
- 2 eggs, room temperature
- ½ Tbsp pure vanilla extract

Crust:

- 1 cup graham cracker
- ¼ cup of stevia
- 2 Tbsp of melted butter

Directions:

1.Place inner pot in cooker. Press CHICKEN/MEAT mode.

2.Set timer 20 minutes. Combine stevia, graham cracker crumbs, and melted butter in a bowl, Stir until crumbly.

3.Press crumb into 6-inch springform pan. Bake for at least 10 minutes in oven. Allow to cool before pouring in batter.

4.In another bowl, use a hand mixer, beat cream cheese until smooth. Add stevia. Beat until combined.

5.While beating, add one egg at a time. Add the vanilla and cinnamon. Beat until smooth.

6.Pour mixture over graham cracker crust. Tap on counter gently to release air bubbles. Cover the pan with foil.

7.Pour in 1 cup of warm water. Place a trivet/steamer rack in cooker. Place springform pan on trivet/rack.

8.Lock the lid and pressure valve. Cook 20 minutes. Release pressure valve and remove lid.

9.Cool 30 minutes on counter then place cheesecake in fridge.

10.Cool 2 hours before slicing. Enjoy!

Nutrition per Serving:

Calories: 284

Protein: 3g

Carbs: 28g

Fat: 18g

Summer Berry Smoothie

This delicious berry smoothie has been sweetened solely from the sweetness from the berries no additional sugar is needed.

Serves: 1

Time: 15 minutes

Ingredients:

- 1 ripe banana (or more if hungry)
- 1 cup (140g approx.) blackberries, raspberries or strawberries, fresh or frozen
- Handful fresh baby spinach
- Juice of ½ lemon

Directions:

1.Blend the baby spinach leaves in a small amount of water.

2.Peel your banana and add to the spinach in your blender, and also the rest of the ingredients.

3.Blend until smooth and creamy.

4.Enjoy!

Nutrition per Serving:

Calories: 210

Fat: 0g

Carbs: 55g

Protein: 0g

Sweet Fat Bombs

This sweet fat bombs are enjoyable low-carb low-protein, and high-fat snacks.

Serves: 12

Time: 35 mins

Ingredients:

- 5 tablespoon Swerve
- 6 tablespoon peanut butter
- ½ teaspoon vanilla extract
- ¼ teaspoon salt
- 6 tablespoon Erythritol
- 1 teaspoon stevia extract
- 8 tablespoon fresh lemon juice
- 3 eggs

- 1 teaspoon lime zest
- 2 tablespoon coconut oil

Directions:

1.Melt the peanut butter and combine it with the swerve. Then add vanilla extract, salt, and Erythritol. Whisk the mixture.

2.Take the truffle forms and place the peanut butter mixture there.

3.Freeze the peanut mixture. Preheat the air fryer to 350 F.

4.Combine the stevia extract, fresh lemon juice, lime zest, and coconut oil in the bowl. Whisk it well.

5.After this, pour the fresh lemon mixture in the air fryer basket and cook it for 5 minutes. Stir it every 2 minutes.

6.After this, crack the eggs in the lemon mixture and mix it up with the help of the hand mixer.

7.When the curd mixture is smooth – cook it at 365 F for 2 minutes more.

8.Then remove the cooked curd mixture and chill it well. Place the cooked curd mixture in the pastry bag. Remove the truffle from the freezer.

9.Fill the truffles with the curd mixture and keep the bomb in the cold place. Enjoy!

Nutrition Per Serving:

Calories: 231

Carbs: 10.3g

Protein: 3.5g

Fat: 24.3g

Root Beer Float

Here is a healthy Keto friendly root beer float recipe that will leave you just as satisfied without the sugar.

Serves: 2

Time: 5 mins

Ingredients:

- 1 (12-ounce) can diet root beer
- 4 tablespoons heavy (whipping) cream
- 1 teaspoon vanilla extract
- 6 ice cubes

Directions:

1.Combine all your ingredients in your blender and process until smooth.

2.Pour into two tall glasses and serve.

Nutrition Per Serving:

Calories: 56

Carbs: 3g

Protein: 1g

Fat: 6g

Peanut Butter Fat Bombs

Satisfy your craving with this low sugar chocolate peanut butter fat bomb recipe.

Serves: 12

Time: 35 mins

Ingredients:

- 5 tablespoon Swerve
- 6 tablespoon peanut butter
- ½ teaspoon vanilla extract
- ¼ teaspoon salt
- 6 tablespoon Erythritol
- 1 teaspoon stevia extract
- 8 tablespoon fresh lemon juice
- 3 eggs
- 1 teaspoon lime zest

- 2 tablespoon coconut oil

Directions:

1.Melt the peanut butter and combine it with the swerve. Then add vanilla extract, salt, and Erythritol. Whisk the mixture.

2.Take the truffle forms and place the peanut butter mixture there. Freeze the peanut mixture. Preheat the air fryer to 350 F.

3.Combine the stevia extract, fresh lemon juice, lime zest, and coconut oil in the bowl. Whisk it well.

4.After this, pour the fresh lemon mixture in the air fryer basket and cook it for 5 minutes. Stir it every 2 minutes.

5.After this, crack the eggs in the lemon mixture and mix it up with the help of the hand mixer.

6.When the curd mixture is smooth – cook it at 365 F for 2 minutes more.

7.Then remove the cooked curd mixture and chill it well.

8.Place the cooked curd mixture in the pastry bag.

9.Remove the truffle from the freezer.

10.Fill the truffles with the curd mixture and keep the bomb in the cold place.

11.Enjoy!

Nutrition Per Serving:

Calories: 134

Carbs: 2.7g

Protein: 0.9g

Fat: 14.4g

Blueberry Scones

What is better than a low sugar scones packed with nutrients and healthy fats? This recipe is perfect to have with a healthy juice or lemonade.

Serves: 10

Time: 30 mins

Ingredients:

- 2 Cups of almond flour
- 1/3 Cup of Swerve Sweetener
- ¼ Cup of coconut flour
- ¾ Cup of fresh blueberries
- ¼ tsp of salt
- 2 Eggs
- ¼ Cup of heavy whipping cream
- 1 tbsp of baking powder
- ½ tsp of vanilla extract

Directions:

1.Preheat your Air Fryer to a temperature of about 325° F and line your Air Fryer pan with a parchment paper.

2.Mix the almond flour with the sweetener, the coconut flour, the baking powder and the salt in a large bowl.

3.Add in the eggs; the whipping cream and the vanilla; then mix until your dough starts coming together. Add in the blueberries and gently whisk.

4.Pat your dough into the Air Fryer pan lined with the baking sheet.

5.Cut the sough into squares in a diagonal way; then cut each square into two triangles.

6.Place the pan in the Air Fryer and lock the lid.

7.Set the timer to about 20 minutes and set the temperature to 170° c/ 340° F.

8.When the timer beeps, turn off your Air Fryer; then let the cones cool for about 5 minutes. Serve and enjoy your scones!

Nutrition Per Serving:

Calories: 154

Carbs: 6g

Protein: 7g

Fat: 12.5g

Peach Almond Chia Smoothie

Nothing ends a meal quite like a delicious smoothie that is naturally sweet.

Serves: 1

Time: 15 minutes

Ingredients:

- 5 ripe peaches, diced
- 1 teaspoon cardamom powder
- 1 banana, chopped
- 120 ml lemon juice
- 1000 ml almond milk
- 2 teaspoons chia seeds
- Some ice cubes

Directions:

1.Combine the diced peaches, banana, almond milk and orange juice in a food processor and blend until smooth.

2.Sprinkle some cardamom powder and stir it well.

3.Pour the smoothie into large glasses.

4.Add some ice cubes and enjoy!

Nutrition per Serving:

Calories: 331

Fat: 0.7g

Carbs: 59g

Protein: 11g

Orange, Sweet Potato & Lime Creamsicle

If you are a lover of popsicles you will love this recipe. It is naturally sweet with a tangy essence that will keep your mind running in circles about how sweet it actually is without sugar.

Serves: 1

Time: 2 hours (including freezing time)

Ingredients:

- 4 fresh carrots, ends trimmed
- 1 raw medium sweet potato, peeled
- 2 medium oranges
- 1 lime

Directions:

1.Peel the oranges, lime and sweet potato. Top and tail the carrots.

2.Add all of the ingredients to your juicer.

3.Juice (strain if necessary).

4.Pour into your popsicle mold and set to freeze until set.

5.Enjoy!

Nutrition per Serving:

Calories: 450

Fat: 2g

Carbs: 102g

Protein: 3g

Berry Brownies with Cocoa Powder

This low sugar berry brownie is crumbly and packed with nutrients. This recipe is packed with juicy flavors that you will love. So, if you are following a low sugar lifestyle and you want a sugar-free and sweet dessert, then this recipe will be yours.

Serves: 6-7

Time: 30 mins

Ingredients:

- 1 and ½ cups of softened butter
- 4 tbsp of granulated stevia
- ½ Cup of unsweetened cocoa powder
- 2 Medium eggs
- 1 tsp of vanilla
- 1 Cup of unsweetened shredded coconut
- 1 Cup of almond flour

- ½ tsp of baking powder
- 1 Cup of berries

Directions:

1.Combine the butter and the sweetener and whisk until it becomes pale.

2.Add the rest of the remaining ingredients except for the berries.

3.Add the berries; then pour it over the brownie mixture.

4.Spray your Air Fryer pan with cooking spray; then pour the mixture of the brownie in the baking pan. Place the pan in your Air Fryer and lock the lid.

5.Set the timer for about 20 minutes and set the temperature for about 180°C/ 355° F.

6.When the timer beeps; turn off your Air Fryer. Slice the brownies into squares; then serve and enjoy your dessert!

Nutrition Per Serving:

Calories: 183.5

Carbs: 4.8g

Protein: 3g

Fat: 16.9g

Spiced Melon and Fig Smoothie

Smoothies are great dessert options that can easily be made naturally sweet. Here we have a delicious smoothie that is made with zero refined sugars.

Serves:1

Time: 10 minutes

Ingredients:

- 2 cups cantaloupe, cubedx
- 3 figs, fresh
- 3 cups fresh baby spinach
- 1 medium mango
- ½ teaspoon ground cinnamon

Directions:

1.First place the melon in your blender and blend until smooth. Then add the spinach and blend again.

2.Next peel and de-stone the mango.

3.Add the mango to the blender along with the rest of the ingredients and blend until smooth and creamy. Enjoy!

Nutrition Per Serving:

Calories: 113.5

Fat: 1.7g

Carbs: 22.1g

Protein: 4.3g

Strawberry Cheesecake Mousse

Spin the delicious filling of cheesecake into a smooth and delicate keto friendly mousse.

Serves: 2

Time: 1 hr. 1o mins

Ingredients:

- 4 ounces cream cheese, at room temperature
- 1 tablespoon heavy (whipping) cream
- 1 teaspoon Swerve natural sweetener
- 1 teaspoon vanilla extract
- 4 strawberries, sliced (fresh or frozen)

Directions:

1.Break the cream cheese block in to smaller pieces and distribute evenly in a food processor (or blender). Add the sweetener, cream and vanilla.

2.Mix together on high. I usually stop and then stir twice and scrape down the sides of the bowl with a small rubber scraper to ensure everything has been mixed well.

3.Add the strawberries to the food processor and mix until combined.

4.Divide the strawberry cheesecake mixture between two small dishes, and chill for 1 hour before serving.

Nutrition Per Serving:

Calories: 221

Carbs: 11g

Protein: 4g

Fat: 21g

Ginger Biscotti with Chia Seeds

Low sugar ginger biscotti makes a delicious dessert that will help you lose weight in a short time. This dessert recipe is also very simple and easy-to make; it is crunchy and sumptuous too.

Serves: 6-7

Time: 30 mins

Ingredients:

- 2 Cups of whole almonds
- 2 tbsp of chia seeds
- ¼ Cup of coconut oil
- 1 Large egg
- 3 tbsp of freshly grated ginger
- 2 tbsp of cinnamon powder
- ½ tsp of nutmeg
- A quantity of stevia
- 1 Pinch of salt

Directions:

1.Preheat your Air Fryer to 175° C/ 350°F. Process the almonds with the ginger and the chia seeds.

2.Mix your ingredients together in a bowl. Line your Air Fryer pan with a cooking sheet.

3.Form small biscuits and arrange it over your baking sheet. Place the pan in your Air Fryer and lock the lid.

4.Set the timer to about 15 minutes and set the temperature to about 350° F.

5.When the timer beeps; turn off your Air Fryer.

6.Set the biscotti aside to cool for about 10 minutes. Serve and enjoy your biscotti!

Nutrition Per Serving:

Calories: 152

Carbs: 4.8g

Protein: 6.9g

Fat: 16.9g

Delicious Dark Chocolate Fudge

You are craving for a dessert and you don’t know to make and how to make a desert without using sugar? This recipe will be your best choice with a very few ingredients. This recipe is high in healthy fats and in protein, but it is low in sugar and there is no doubt you won’t gain any extra weight if you enjoy it.

Serves: 2

Time: 30 mins

Ingredients:

- 2 tbsp of unflavored hemp protein powder
- 1 tbsp of cocoa powder
- ¼ Cup of egg whites
- 1 tbsp of melted coconut oil
- 2 tsp of birch-sourced xylitol
- 2 tbsp of dairy-free divided chocolate chips

Directions:

1.Preheat your Air Fryer to a temperature of about 185°C/ 375°F.

2.Combine all your ingredients except for the chocolate chips in a mixing bowl

3.Pour the mixture in a steel ramekin or a heat proof ramekin.

4.Top the ramekin with the chocolate chips.

5.Put the ramekin in your Air Fryer basket and lock the lid.

6.Set the temperature to about 375° F and set the timer to about 20 minutes.

7.When the timer beeps; turn off your Air Fryer and set the ramekin aside to cool for 5 minutes.

8.Serve and enjoy your delicious dessert!

Nutrition Per Serving:

Calories: 173

Carbs: 5.2g

Protein: 5g

Fat: 9g

Berry Cheesecake Fat Bomb

Berries, cream cheese, and vanilla all in one dish! Can you say Keto heaven! This delicious fat bomb carries the only 9g of carbs per serving and will send your sweet tooth to heaven with every bite!

Serves: 2

Time: 2hrs. 10 mins

Ingredients:

- 4 ounces cream cheese, at room temperature
- 4 tablespoons (½ stick) butter, at room temperature
- 2 teaspoons Swerve natural sweetener
- 1 teaspoon vanilla extract
- ¼ cup berries, fresh or frozen

Directions:

1.In a medium bowl, use a hand mixer to beat the cream cheese, butter, sweetener, and vanilla.

2.In a small bowl, mash the berries thoroughly. Fold the berries into the cream-cheese mixture using a rubber scraper.

3.Spoon the cream-cheese mixture into fat bomb molds.

4.Freeze for at least 2 hours, unmold them, and eat! Leftover fat bombs can be stored in the freezer in a zip-top bag for up to 3 months. It’s nice to have some in your freezer for when you are craving a sweet treat.

Nutrition Per Serving:

Calories: 414

Carbs: 9g

Protein: 4g

Fat: 43g

Beetroot Almond Pudding

This delicious pudding is easy, healthy and low in sugar.

Serves: 2

Time: 2 hours

Ingredients:

- 600 g peeled and shredded beetroot
- 2 tablespoons coconut oil
- 4 tablespoons of almond butter
- 500 ml almond milk
- 2 teaspoons cardamom powder
- 1/2 teaspoon nutmeg powder
- 15chopped almonds
- 15 chopped cashews
- 80 g raisins

Directions:

1.Heat the coconut oil in a large sauce pan. Cook the shredded beetroot for about 12-15 minutes on low heat with the lid covered. Give it an occasional stir.

2.Add cardamom powder, almond milk and butter, nutmeg powder, raisins and cook for another 10-12 minutes on low heat. Remember to cover the saucepan with a lid. Stir occasionally.

3.Once the mixture cools down, refrigerate it for 60-90 minutes.

4.Heat another sauce pan and slightly roast the chopped almonds and cashews.

5.Garnish the beetroot pudding with toasted almonds and cashews on top.

6.Serve chilled.

Nutrition per Serving:

Calories: 94.7

Fat: 0.7g

Carbs: 23.6g

Protein: 3g

Healing Cherry & Basil Smoothie

Here we have another delicious smoothie that is low in sugar and so smooth you can enjoy it with a spoon.

Serves: 1

Time: 15 minutes

Ingredients:

- 1 cup frozen cherries
- Juice of 1 lime
- 1 cup (250ml) coconut water
- Generous handful of basil leaves

Directions:

1.Pour coconut water into your blender, add basil and blend until smooth.

2.Add to this the cherries and lime juice.

3.Blend until smooth and enjoy!

Nutrition per Serving:

Calories: 138

Fat: 0g

Carbs: 30g

Protein: 0g

Ginger Coconut Cookies

It’s cookie time! If you love cookies you can still enjoy the crunchy greatness without all the added refined sugar.

Ingredients:

- 200 g coarsely ground almond flour
- 80 g gluten-free oats
- 60 g coconut flour
- 2 tsp. baking powder
- 2 tbsp. cinnamon powder
- 2 tbsp. ginger powder
- 1 teaspoon all-spice powder
- 1 teaspoon nutmeg powder
- 2 teaspoons vanilla essence
- 14 tablespoons coconut oil
- 120 ml almond milk for binding

Directions:

1.In a large bowl, combine almond flour, coconut flour, oats, baking powder, cinnamon, all spice powder, ginger, nutmeg powder and mix well.

2.Add vanilla essence, coconut oil, almond milk.

3.Set this mixture in the refrigerator for about 25-30 minutes until it becomes slightly firm.

4.Preheat the oven to 350°F/180°C.

5.Split the cookie dough into 18-20 circular balls and place them on a baking sheet.

6.Bake the cookies for about 15 mins. Let them cool down.

7.Transfer them into an air-tight container and enjoy the cookies during breakfast or as an evening snack.

8.Enjoy!

Nutritional Information per Serving:

Calories: 119.8

Total Fat: 6.1g

Carbs: 13.6g

Protein: 1.7g

Peach & Coconut Heaven Smoothie

Fruit generally provide a natural sweetness that reduces the need for sugar. This recipe uses that to its advantage as it is naturally sweet and guarantees to satisfy your sweet tooth.

Serves: 1

Time: 15 minutes

Ingredients:

- 1 ripe peach
- 1 ripe banana
- 6 kale leaves (without spines)
- 1 cup (250ml) coconut water

Directions:

1.Pour the coconut water into your blender. Add the kale and blend until smooth.

Next peel the banana and de-stone the peach.

2.In your blender, add the fruit to the spinach-coconut water mixture and blitz until smooth.

3.Enjoy!

Nutrition per Serving:

Calories: 155.5

Fat: 0.3g

Carbs: 30.2g

Protein: 11g

Fruit Stew

By cooking fruit, you can bring out stronger flavors of sweetness can be served as a dessert all on its own.

Serves: 6

Time: 15 minutes

Ingredients:

- 3 pounds of peaches and nectarines, cut into chunks
- 1½ cups of water
- 1 Tbsp stevia
- 1 Tbsp vanilla extract
- ¼ cup sliced almonds

Directions:

1.Place inner pot in cooker. Press SOUP/STEW mode.

2.Set timer 10 minutes. Add fruit, vanilla, stevia and water to pot.

3.Stir. Seal lid and pressure valve. Cook 10 minutes.

4.Once cooking is complete, release pressure valve and remove the lid. Stir fruit mixture.

5.Serve in dishes. Garnish with sliced almonds. Enjoy!

Nutrition per Serving:

Calories: 289

Protein: 1g

Carbs: 68g

Fat: 3g

Flan Pudding

This delicious pudding will remind you of a Crème Brulee without the added sugar.

Serve: 4

Time: 1 hour

Ingredients:

- 2 cups of milk
- 6 eggs
- 3 egg whites
- ¾ cup of stevia
- 1 tsp of almond extract
- Caramel Syrup
- 2 cups of stevia
- 2 Tbsp of water
- ½ tsp lemon juice

Directions:

Syrup:

1.In a medium saucepan, combine the stevia, water, and lemon juice. Bring to a boil on med-high heat. Don't stir it.

2.Allow to boil until stevia dissolves and the liquid turns amber brown, approximately 8-10 minutes.

3.Pour the hot caramel sauce into casserole dish you will place in cooker later.

4.Swirl the sauce until bottom is covered.

Flan:

1.Place inner pot in cooker. Place a wire rack in cooker.

2.Press CHICKEN/MEAT mode. Set timer 15 minutes.

3.In a bowl, beat the eggs and stevia.

4.Add the egg whites, almond extract and milk.

5.Continue beating until combined. Pour mixture through a sieve into prepared dish.

6.Cover with aluminum foil. Place dish on wire rack in cooker.

7.Lock the lid and seal pressure valve. Cook 15 minutes.

8.Release pressure valve and remove lid. Cool flan for 30 minutes on counter. Chill 4 hours before serving. Enjoy

Nutrition Per Serving:

Calories: 344

Protein: 2g

Carbs: 78g

Fat: 4g

Pecan Cookies

Pecans are high in fat, delicious and perfect for baking.

Serves: 12

Time: 25 mins

Ingredients:

- 1 Egg
- 2 cups ground Pecans
- ¼ cup Stevia
- ½ tsp Baking Soda
- 1 tbsp. Butter
- 20 Pecan Halves

Directions:

1.Mix the ingredients, except the pecan halves, until combined.

2.Make 20 balls out of the mixture and press them with your thumb onto a lined cookie sheet.

3.Add them to the Power Pressure cooker xl. Set it on CHICKEN/MEAT mode. Top each cookie with a pecan half. Cook for about 12 minutes.

Nutrition Per Serving:

Calories: 101

Carbs: 0.6g

Protein: 1.6g

Fat: 132g

Chocolate Pudding

If consumed in small doses it's perfectly fine to enjoy a bit of chocolate treat every now and again while on a diet. Here is one such recipe that you can try.

Serves: 6

Time: 20 mins

Ingredients:

- 6 ounces semisweet or bittersweet chocolate, chopped
- ½ ounce unsweetened chocolate, chopped
- 6 tablespoons stevia
- 1½ cups light cream
- 4 large egg yolks, at room temperature and whisked in a small bowl
- 1 tablespoon vanilla extract
- ¼ teaspoon salt

Directions:

1.Preparing the Ingredients. Place all the chopped chocolate and the stevia in a bowl.

2.Add cream to a saucepan over low heat and warm until small bubbles fizz around the inside edge of the pan.

3.Pour the warmed cream over the chocolate; whisk so that the chocolate completely melts. Cool a minute or two, then whisk in the yolks, vanilla, and salt.

4.Pour the mixture into six ½-cup heat-safe ramekins, filling each about three-quarters full. Cover each with foil.

5.Set the rack in the Pressure Cooker; pour in 2 cups water. Set the ramekins on the rack, stacking them as necessary without any one ramekin sitting directly on top of another.

6.High pressure for 15 minutes. Lock the lid on the Pressure Cooker and then cook for 15 minutes. To get 15-minutes cook time and then adjust button.

7.Pressure Release Turn off the Pressure Cooker or unplug it so it doesn't flip to its keep-warm setting. Then let its pressure naturally return to normal, 10 to 14 minutes.

8.Finish the dish. Unlock and open the cooker. Transfer the hot ramekins to a cooling rack, uncover, and cool for 10 minutes before serving—or chill in the refrigerator for up to 3 days, covering again once the puddings have chilled.

Nutrition Per Serving:

Calories: 302

Carbs: 22.5g

Protein: 4.7g

Fat: 23.1g

Simple Low Sugar Sherbet

Nothing beats a serving of sherbet on a warm winter day! Here is a simple Low sugar friendly recipe that your whole family will enjoy!

Serves: 1

Time: 10 mins

Ingredients:

- ¼ tsp Vanilla Extract
- 1 packet Gelatin, without sugar
- 1 tbsp. Heavy Whipping Cream
- 1/3 cup Boiling Water
- 2 tbsp. mashed Fruit
- 1 ½ cups crushed Ice
- 1/3 cup Cold Water

Directions:

1.In the Power Pressure Cooker XL combine the gelatin and boiling water. Cook until dissolved on BEANS/LENTILS mode and with the lid off.

2.Transfer to a blender and add the remaining ingredients. Blend until smooth.

3.Serve immediately or freeze.

Nutrition Per Serving:

Calories: 173

Carbs: 3.7g

Protein: 4g

Fat: 10g

Strawberry Flan Pudding

Flans are generally made with large servings of fruit and though we may not be able to have all those carbs on our Low sugar diet there are still ways to tweak the delicious flan.

Serves: 5

Time: 30 mins

Ingredients:

- 2 cups of milk
- 1 cup strawberries, blended
- 6 eggs
- 3 egg whites
- ¾ cup of stevia
- 1 tsp of almond extract
- Low sugar Caramel Syrup
- 2 cups of stevia
- 2 Tbsp of water
- ½ tsp lemon juice

Directions:

Syrup:

1.In a medium saucepan, combine the stevia, water, and lemon juice. Bring to a boil on med-high heat. Don't stir it.

2.Allow to boil until stevia dissolves and the liquid turns amber brown, approximately 8-10 minutes. (You may tilt the pan to distribute the liquid.)

3.Pour the hot caramel sauce into casserole dish you will place in cooker later. Swirl the sauce until bottom is covered.

Flan:

1.Place inner pot in cooker. Place a wire rack in cooker. Press CHICKEN/MEAT mode. Set timer 15 minutes.

2.In a bowl, beat the eggs, strawberries and stevia. Add the egg whites, almond extract and milk. Continue beating until combined.

3.Pour mixture through a sieve into prepared dish. Cover with aluminum foil. Place dish on wire rack in cooker.

4.Lock the lid and seal pressure valve. Cook 15 minutes.

5.Release pressure valve and remove lid.

6.Cool flan for 30 minutes on counter. Chill 4 hours before serving.

Nutrition Per Serving:

Calories: 208

Carbs: 6.11g

Protein: 16.1g

Fat: 14.9g

Crème Caramel Flan

This is a simple Low sugar friendly recipe for the famous Creme Caramel Flan.

Serves: 4

Time: 30 mins

Ingredients:

- 2 Eggs
- 7 ounces Condensed Coconut Milk
- ½ cups Coconut Milk
- 1 ½ cups Water
- ½ tsp Vanilla

Directions:

1.Place a pan with a heavy bottom in your Power Pressure Cooker. Divide the caramel between 4 small ramekins.

2.Pour the water in the pressure cooker and lower the trivet.

3.Beat the rest of the ingredients together and divide them between the ramekins. Cover them with aluminum foil and place in the Power Pressure Cooker.

4.Close the lid and cook for 5 minutes on CHICKEN/MEAT. Release the pressure naturally.

Nutrition Per Serving:

Calories: 107.8

Carbs: 16.5g

Protein: 3.3g

Fat: 3.3g

Low Sugar Snickerdoodles

These snickerdoodles are delicious, easy to make and best of all Low sugar friendly.

Serves: 16

Time: 25 mins

Ingredients:

- 2 cups Almond Flour
- ½ tsp Baking Soda
- ¾ cup Sweetener
- ½ cup Butter, softened
- Pinch of Salt

Coating:

- 2 tbsp. Erythritol Sweetener
- 1 tsp Cinnamon

Directions:

1.Combine all the cookie ingredients in a bowl.

2.Make 16 balls out of the mixture. Flatten them with your hands. Combine the cinnamon and erythritol.

3.Dip the cookies in the cinnamon mixture and arrange them on a lined cookie sheet inside the Power Pressure Cooker XL.

4.Cook for 15 minutes on CHICKEN/MEAT mode. Perform a quick release and serve.

Nutrition Per Serving:

Calories: 131

Carbs: 1.5g

Protein: 3g

Fat: 13g

Poached Peach Cups with Ricotta

Ricotta cheese is rich in both protein and fat. Hence when paired with a bit of peach it makes an excellent Low sugar bite.

Serves: 4

Time: 15 mins

Ingredients:

- 4 peaches, cut in half and pitted
- 1⁄4 cup lemon juice
- 1⁄4 cup water
- 5 tablespoons stevia
- 1⁄8 teaspoon ground cinnamon
- 1 cup part-skim ricotta cheese
- 1⁄4 teaspoon vanilla extract

Directions:

1.Add peaches, lemon juice, water, stevia, and cinnamon to the cooker.

2.Lock the lid on the Pressure Cooker and then cook for 5 minutes.

3.Perform a quick release to release the cooker's pressure.

4.Remove peaches from cooking liquid and set aside.

5.Combine ricotta cheese, stevia, and vanilla extract, and serve spooned into the center of each peach half.

Nutrition Per Serving:

Calories: 144

Carbs: 6.6g

Protein: 8.3g

Fat: 5.3g

Conclusion

Wow we did it! Thank you for sticking through all the way the end of the No Sugar Dessert Cookbook with us. We hope you enjoyed all 30 delicious No Sugar Dessert recipes.

So, what happens next?

Nothing breathes perfection like practice. So, keep on cooking and enjoying new and exciting meals with your whole family. Then whenever you are ready for another spark of delicious inspiration grab another one of our books and let us continue our culinary journey together.

Remember, drop us a review if you loved what you read and until we meet again, keep on cooking delicious food.

About the Author

Martha is a chef and a cookbook author. She has had a love of all things culinary since she was old enough to help in the kitchen, and hasn't wanted to leave the kitchen since. She was born and raised in Illinois, and grew up on a farm, where she acquired her love for fresh, delicious foods. She learned many of her culinary abilities from her mother; most importantly, the need to cook with fresh, homegrown ingredients if at all possible, and how to create an amazing recipe that everyone wants. This gave her the

perfect way to share her skill with the world; writing cookbooks to spread the message that fresh, healthy food really can, and does, taste delicious. Now that she is a mother, it is more important than ever to make sure that healthy food is available to the next generation. She hopes to become a household name in cookbooks for her delicious recipes, and healthy outlook.

Martha is now living in California with her high school sweetheart, and now husband, John, as well as their infant daughter Isabel, and two dogs; Daisy and Sandy. She is a stay at home mom, who is very much looking forward to expanding their family in the next few years to give their daughter some siblings. She enjoys cooking with, and for, her family and friends, and is waiting impatiently for the day she can start cooking with her daughter.

For a complete list of my published books, please, visit my Author's Page...

https://www.amazon.com/author/martha-stephenson

Author's Afterthoughts

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